

Press Release – September 30, 2005

Fun for Seniors at the City of Newburgh Activity Center

If you are a senior citizen aged 60 or over with time on your hands, come see what is going on at the City of Newburgh Activity Center, 401 Washington Street. A free bus will bring you there, and even take you shopping. You can enjoy a full range of fun activities or just socialize with your peers. All seniors in the City of Newburgh are welcome.

The schedule of activities is as follows:

Monday	10:30 am	Noon- Contemporary Line Dancing
Tuesday	9-10 am	Yoga
	11 am-3 pm	Card Club
Wednesday	10-11 am	Exercise Class
	11 am- 3 pm	Card Club
Thursday	1 pm	Club 60
Friday	10-11 am	Exercise Class
	11 am-3 pm	Card Club

Senior Bus Schedule:

Monday	Shoprite, Route 32, 11 a.m.
Tuesday	Walmart or Adams, 11 a.m.
Wednesday	Stop & Shop, 11 a.m.
Thursday	Club 60, 11 a.m.
Friday	Price Chopper, 11 a.m.
	Farmer's Market (through October)

Please call 565-4843 for bus pickup within the City of Newburgh. Bus pickup begins at 10 a.m. Transportation to medical appointments in the immediate Newburgh area is also available.

For more information, call the City of Newburgh Recreation Department at 565-3230.